

VISIT...

LANZAROTE
Caliente.COM

The Food Pyramid



Amanda Rondeau



The Food Pyramid

Amanda Rondeau

Consulting Editor

Monica Marx, M.A./Reading Specialist

ABDO
Publishing Company

Published by SandCastle™, an imprint of ABDO Publishing Company, 4940 Viking Drive, Edina, Minnesota 55435.

Copyright © 2003 by Abdo Consulting Group, Inc. International copyrights reserved in all countries. No part of this book may be reproduced in any form without written permission from the publisher. SandCastle™ is a trademark and logo of ABDO Publishing Company.

Printed in the United States.

Credits

Edited by: Pam Price

Curriculum Coordinator: Nancy Tuminelly

Cover and Interior Design and Production: Mighty Media

Photo Credits: Banana Stock, Brand X Pictures, Comstock, Eyewire Images, PhotoDisc

Library of Congress Cataloging-in-Publication Data

Rondeau, Amanda, 1974-

The food pyramid / Amanda Rondeau.

p. cm. -- (What should I eat?)

Includes index.

Summary: A simple introduction to the six foods groups and the importance of good nutrition.

ISBN 1-57765-832-9

1. Food--Juvenile literature. 2. Nutrition--Juvenile literature. [1. Food. 2. Nutrition.] I. Title.

TX355 .R66 2002

641.3--dc21

2002018362

SandCastle™ books are created by a professional team of educators, reading specialists, and content developers around five essential components that include phonemic awareness, phonics, vocabulary, text comprehension, and fluency. All books are written, reviewed, and leveled for guided reading, early intervention reading, and Accelerated Reader® programs and designed for use in shared, guided, and independent reading and writing activities to support a balanced approach to literacy instruction.

Let Us Know

After reading the book, SandCastle would like you to tell us your stories about reading. What is your favorite page? Was there something hard that you needed help with? Share the ups and downs of learning to read. We want to hear from you! To get posted on the ABDO Publishing Company Web site, send us email at:

sandcastle@abdopub.com

SandCastle Level: Transitional



What is the food pyramid?



3





*For suggested serving sizes, see page 23.

This is the food pyramid.

It helps us know
how to eat right.

Eating right helps us
stay healthy.

There are 6 food groups
in the pyramid.



5





The five main food groups
are grains, fruits,
vegetables, protein,
and milk.

We should eat foods
from each of these groups
every day.





Each of these food groups
gives us different vitamins
and minerals.

Our bodies need
many kinds of vitamins
and minerals.

It is good to eat foods
from all of the main food
groups.





The sixth food group is fats
and sweets.

These foods taste good,
but they are not good for
us.

We should eat less of
them.







Did you know candy and cookies are in the fats and sweets group?

It is okay to eat these foods for special treats.

We should not eat them all the time.







Did you know eating right
gives us energy to learn?

Eating healthy foods helps
us pay attention and gives
our brains energy.



15







Did you know eating right
gives us energy to play?

Our hearts and lungs need
good foods to grow and
stay strong.







Did you know eating right
gives us energy to grow?

Our bones need food to
grow stronger and bigger.





Can you think of foods in
each food group?

What is your favorite food
in each food group?



Index

bodies, p. 9	healthy, pp. 5, 15
energy, pp. 15, 17, 19	minerals, p. 9
fats, pp. 11, 13	protein, p. 7
food pyramid, pp. 3, 5	sweets, pp. 11, 13
grains, p. 7	vegetables, p. 7
	vitamins, p. 9

Glossary

energy	the ability to work or play hard without getting tired
grain	seeds of cereal plants, like rice and wheat
protein	a substance found in all plant and animal cells



What Counts As a Serving?

Bread, Cereal, Rice, and Pasta

1 slice of bread

1 ounce of ready-to-eat cereal

$\frac{1}{2}$ cup of cooked cereal, rice, or pasta

Vegetable

1 cup of raw leafy vegetables

$\frac{1}{2}$ cup of other vegetables, cooked or chopped raw

$\frac{3}{4}$ cup of vegetable juice

Fruit

1 medium apple, banana, or orange

$\frac{1}{2}$ cup of chopped, cooked, or canned fruit

$\frac{3}{4}$ cup of fruit juice

Milk, Yogurt, and Cheese

1 cup of milk or yogurt

$1\frac{1}{2}$ ounces of natural cheese

2 ounces of process cheese

Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts

2–3 ounces of cooked lean meat, poultry, or fish

$\frac{1}{2}$ cup of cooked dry beans or 1 egg counts as 1 ounce of lean meat.
2 tablespoons of peanut butter or $\frac{1}{8}$ cup of nuts count as 1 ounce of meat.



About SandCastle™

A professional team of educators, reading specialists, and content developers created the SandCastle™ series to support young readers as they develop reading skills and strategies and increase their general knowledge. The SandCastle™ series has four levels that correspond to early literacy development in young children. The levels are provided to help teachers and parents select the appropriate books for young readers.



Emerging Readers
(no flags)



Beginning Readers
(1 flag)



Transitional Readers
(2 flags)



Fluent Readers
(3 flags)

These levels are meant only as a guide. All levels are subject to change.



To see a complete list of SandCastle™ books and other nonfiction titles from ABDO Publishing Company, visit www.abdopub.com or contact us at:

4940 Viking Drive, Edina, Minnesota 55435 • 1-800-800-1312 • fax: 1-952-831-1632